



**Department  
of Health**

# **New York State Public Health Corps Fellowship Program**

**Navigating Department of Labor Resources:  
Empowering Public Health Professionals in New York State**

**FEBRUARY 11TH, 2026, NYSPHC EDUCATIONAL SERIES | ZOOM**

# AGENDA

- Housekeeping Items
- Presentation: Navigating Department of Labor Resources: Empowering Public Health Professionals in New York State
- Q&A
- Closing Remarks



# HOUSEKEEPING ITEMS

- This meeting is being recorded
- Slides and recording will be available after the event
- Please turn on your camera on, if you wish
- We welcome questions in the chat box throughout the presentation
- There will be an opportunity to continue the conversation via LinkedIn after today's session
- Stay muted until the Q&A session

# LEARNING OBJECTIVES

This training aims to assist participants in:

- Describe Unemployment Insurance eligibility requirements and application procedures in New York State to inform personal financial planning during career transitions, including Self-Employment Assistance Program (SEAP) program for entrepreneurs.
- Identify three key Division of Employment Workforce Solutions (DEWS) services related to resume building, job searching, and skills development to maximize career advancement opportunities in the public health sector.
- Locate regional and online NYSDOL resources to facilitate effective job searching and career development within their local communities.

**WELCOME**  
**MICHAEL THIEMANN**  
**JULIA MURPHY**  
**VANESSA LAMAY**





Department  
of Labor

*WORKING FOR YOU*

# BUSINESS ADVOCACY AND ENGAGEMENT

MICHAEL THIEMANN, BUSINESS ADVOCATE

FEBRUARY 11, 2026

**“WE GET YOU TO THE  
RESOLUTION”**

## DEPARTMENT OF LABOR- MISSION

- Provide outstanding services to the workers and businesses of New York
- Help New Yorkers find careers they will love by connecting them to employment, training, and up-skilling opportunities.
- *Build and support New York's businesses, helping them find qualified workers and keeping them informed about tools and incentives to make their businesses thrive.*
- Empower and protect New York's workers by supporting the unemployed and by ensuring all workers have a safe workplace where they receive a fair wage.

## REGULATORY AGENCY

- **Worker Protection**
  - Safety and Health
  - Labor Standards
- **Workforce Development**
  - Job Search
  - Job Training
  - Upskilling
- **Unemployment Insurance**
  - Unemployment Insurance Benefits
  - Unemployment Insurance Assessments

## BUSINESS ADVOCACY AND ENGAGEMENT

### MISSION

- Serve as an **Advocacy, Resolution, and Training** department for businesses interfacing with DOL
- **Assist employers/businesses encountering issues** with DOL processes, assessments, reviews, investigations, audits, licensing, personnel, or understanding our processes
- Inform businesses about the no-cost business assistance programs at the DOL

## METHODS

### **Direct Contact**

Field appropriate questions and issues from businesses and individuals  
Provide a discreet and reliable staff contact – “no runaround”

### **Thorough Service**

Follow up with the appropriate source for resolution  
Stay engaged with the customer to ensure resolution  
Provide connection to any state agency offering direct benefits and assistance to business customers

### **Proactive Engagement**

Conduct outreach and presentations to businesses, associations and chambers regarding DOL services  
Convene conversations between businesses and DOL

## **FREE BUSINESS SERVICES**

- **Job Fairs – Live & Virtual**
- **Job Banks & Talent Banks**
- **Customized Employee Recruitment**
- **Human Resource Consultation**
- **Workplace Safety Consultation**
- **Access to:**
  - Hiring Tax Credits (Veterans, Youth, Justice Involved)**
  - Grants**
  - Training Funds**
  - Safe Workplace financial incentives**
  - Layoff avoidance assistance**
  - Registered Apprenticeship**

## **WE ARE YOUR ADVOCATE**

### **Business Advocacy and Engagement Gets Your Issue Resolved**

- **Get you through whatever issue you're stuck at DOL with**
- **Provide access to NO-COST DOL business services**
- **Personalized service from our Business Advocate**
- **Your Advocate at DOL**

## **BUSINESS ADVOCACY CONTACT**

**Orville Abrahams**

**[Orville.abrahams@labor.ny.gov](mailto:Orville.abrahams@labor.ny.gov)**

**Michael Thiemann**

**[Michael.Thiemann@labor.ny.gov](mailto:Michael.Thiemann@labor.ny.gov)**

**518-457-7994**

**<https://dol.ny.gov/office-business-advocate>**



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# UNDERSTANDING UNEMPLOYMENT INSURANCE (UI) BENEFITS

VANESSA LAMAY, UNEMPLOYMENT INSURANCE PROGRAM MANAGER

FEBRUARY 11, 2026

## WHAT IS UNEMPLOYMENT INSURANCE?

Unemployment Insurance is temporary income funded by the employer for eligible workers who become unemployed through no fault of their own, who are ready, willing, and able to work, and who have sufficient wages in covered employment.

**ELIGIBILITY**

## COMMON SCENARIOS FOR FELLOWSHIP GRADUATES

Short gap between fellowship end and next role

Host organization wants to hire you, but funding isn't secured yet

Fellowship ends with no immediate placement

Offered part-time or temporary work only

## HOW DO I QUALIFY?



Must have earnings in at least two calendar quarters



Highest quarter must be a minimum of \$3,500 in earnings



Total base period wages must equal 1 ½ times the high quarter wages

## READY, WILLING, AND ABLE

**To qualify  
for UI  
benefits  
you must  
be:**

- Actively looking for work
- Ready, willing, and able to work
- Legally authorized to work in the United States
- Available to accept new work (for example, you do not have personal responsibilities that would prevent you from working)

# HOW TO APPLY

# WHAT DO YOU NEED TO FILE AN ORIGINAL CLAIM?

Full name

Phone number

Full mailing address

Social security number

Bank account number and routing number (if you would like Direct Deposit)

Driver's license or government issued I.D. or Employment authorization number

Employer information

- Employer's legal name and address
- Federal Employer Identification Number (FEIN)
- New York State registration number or federal ID number
- Start and end date of employment
- DD214 (if military service within the last 18 months)
- Wage details

## HOW TO FILE AN ORIGINAL CLAIM

An unemployed individual must file an original claim in order to determine Entitlement and Eligibility for unemployment benefits

### Online

- To set up an online account, you can go to [www.labor.ny.gov/signin](http://www.labor.ny.gov/signin) and follow the directions to create an account

### By Telephone (Tel-Service)

- Monday-Friday 8:00 AM-5:00 PM
- Toll Free 1-888-209-8124 in NYS
- Outside NYS 1-877-358-5306

## FILING AN ORIGINAL CLAIM



### Setting up your Personal Identification Number (PIN)

If you file your claim over the phone, you will be prompted to create a PIN. You will use this PIN when you:

- Call the Telephone Claims Center at (888) 209-8124 to ask a question about your claim, or
- Certify for weekly benefits by using Tel-Service at (888) 581-5812



### Setting up your NY.gov ID

If you choose to claim weekly benefits on our website, you will need to set up and use a NY.gov ID. This is different from the PIN you set up when filing a claim. With an NY.gov ID you can:

- Certify for weekly benefits
- Ask a specific question about your claim via secure message
- Access services offered by other New York state agencies

## CLAIMING WEEKLY BENEFITS

You **must claim benefits every week** (certify) while unemployed to receive benefits. You should also complete and return any questionnaires and return any phone calls you receive from the Department of Labor right away.

### Certify by Telephone (Tel-Service)

- 1-888-581-5812
- TTY/TDD 1-877-205-3119

### Certify Online

- [www.labor.ny.gov/signin](http://www.labor.ny.gov/signin)

## HOW LONG DOES A CLAIM LAST?



Although a claim is open one year (the benefit year), during that time claimants can only receive 26 full weeks of payments or their equivalent.



Partial benefits may be paid if you work 30 hours or fewer and earn less than \$869 in gross pay excluding earnings from self-employment.

# **BENEFIT CALCULATION**

# HOW WE CALCULATE YOUR BENEFIT RATE

**If you were paid wages in all four quarters of your base period and your high quarter wages are:**

- More than \$3,575: Your benefit amount is your high quarter wages divided by 26
- \$3,575 or less: Your benefit amount is your high quarter wages divided by 25

**If you were paid wages in only two or three quarters of your base period and your high quarter wages are:**

- More than \$4,000: Your benefit rate is the average wages of your two highest quarters divided by 26
- \$3,576 to \$4,000: Your benefit rate is your high quarter wages divided by 26
- \$3,575 or less: Your benefit rate is your high quarter wages divided by 25

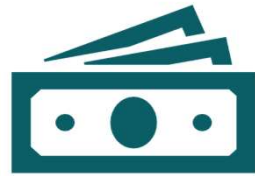
**Current maximum benefit rate is \$869**

**Current minimum benefit rate is \$140**

**Link to the Benefit Rate Calculator: <https://ux.labor.ny.gov/benefit-rate-calculator/>**

# **RIGHTS AND RESPONSIBILITIES**

# THE CLAIMANT WILL RECEIVE



## Monetary Benefit Determination

Advises claimant what their weekly benefit rate will be, if eligible

Shows which employers' wages are being used to determine the weekly benefit rate, gives claimant an opportunity to make corrections

The Monetary Benefit Determination does **not** say that you will definitely receive benefits. It simply shows whether you have enough earnings to establish a weekly benefit payment or not



## Claimant Handbook

Advises claimant of rights and responsibilities

Read your handbook! You are responsible for knowing what is in it.

Make sure you complete any forms in the handbook if needed

## MAINTAINING YOUR UI ELIGIBILITY

Every week that you claim benefits, you must complete the following three tasks to remain eligible:

- Search for work
- Complete your claim certification
- Report job offers you received, money you earned and/or days that you were unable to work



Failure to complete any of these actions can disqualify you from future benefits

# RESOURCES

# RESOURCES



NYS Department of Labor  
Website: [www.dol.ny.gov](http://www.dol.ny.gov)



Unemployment Insurance  
Application Portal:  
[www.labor.ny.gov/signin](http://www.labor.ny.gov/signin)



Claimant Frequently Asked  
Questions:  
<https://dol.ny.gov/claimant-frequently-asked-questions>



Unemployment Insurance  
Claimant Handbook:  
[www.dol.ny.gov/unemployment-insurance-claimant-handbook](http://www.dol.ny.gov/unemployment-insurance-claimant-handbook)

# CONTACT INFORMATION



## Go to Our Website

Log in to our website with your NY.gov ID at [labor.ny.gov/signin](https://labor.ny.gov/signin). If you do not already have an account, directions for creating one are on our website at [labor.ny.gov/signin](https://labor.ny.gov/signin). If you experience trouble logging in, please refer to our help page, [dol.ny.gov/loginhelp](https://dol.ny.gov/loginhelp). Once you have signed in, on the My Online Services page, in the Messages section, click "Go to My Inbox." and then select "Compose New." Then follow the drop-down prompts.



## Call Us

You can call the Telephone Claims Center (TCC) at (888) 209-8124.

### For services for the hearing or visually impaired:

- TTY/TDD users (deaf or hard or hearing): call a relay operator at (800)-662-1220 and ask the relay operator to call (888)-783-1370.
- Video Relay Users: If you use a Video Relay System or another type of relay service, contact your relay operator and ask the relay operator to call (888)-783-1370.



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# THE OFFICE OF WORKFORCE DEVELOPMENT

## OVERVIEW OF CAREER CENTER SERVICES

JULIA MURPHY, WORKFORCE PROGRAM MANAGER

FEBRUARY 11, 2026

# TOPIC OUTLINE

## An Overview of the Office of Workforce Development Services

- Regional Resources-Local Career Centers
- Career Counseling & Assessment
- Resume & Cover Letter Assistance
- Job Search Strategies & Networking
- Training & Skills Development
- Labor Market Information (LMI)
- Web-Based Resources-Virtual Career Services



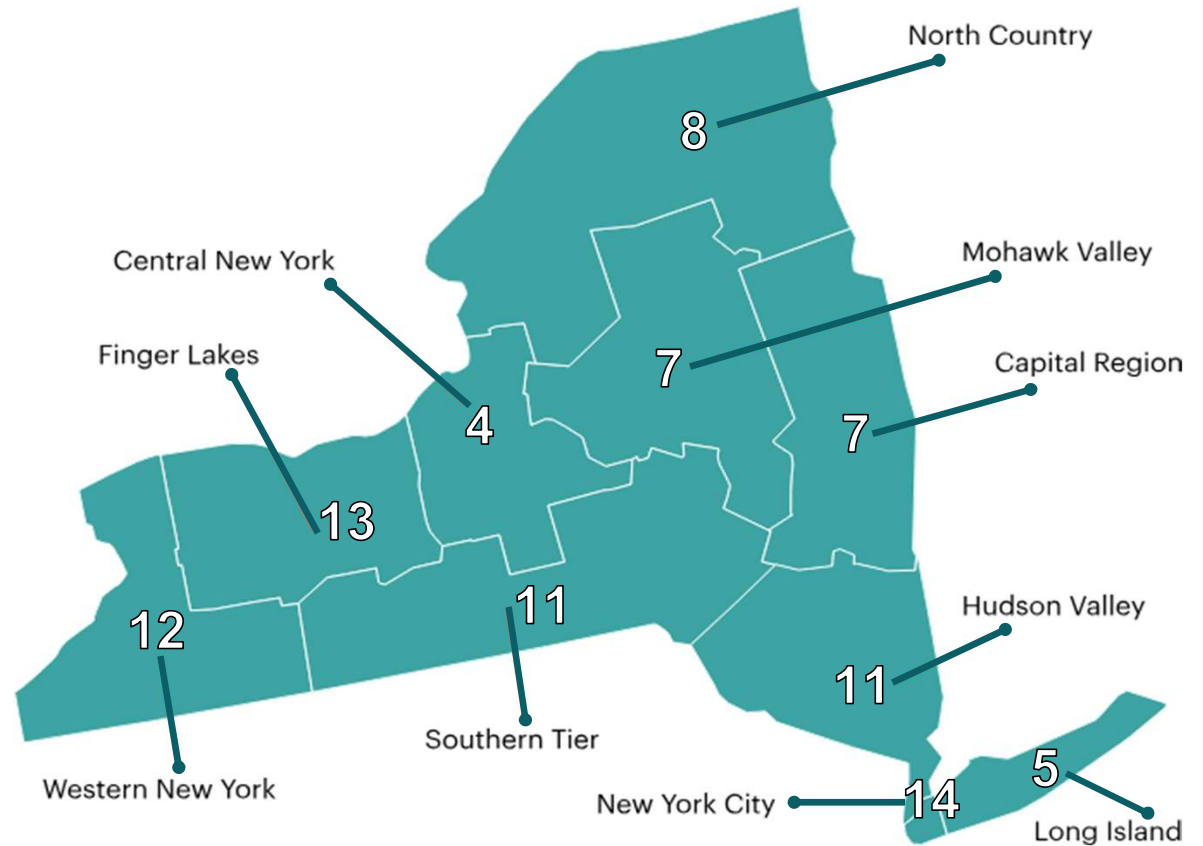
# **REGIONAL RESOURCES- CAREER CENTERS**

# LOCAL CAREER CENTERS

**100**  
**CAREER CENTERS**  
**THROUGHOUT NYS**

Career Center Locator:

<https://dol.ny.gov/career-centers>



# CAREER CENTER SERVICES

- Available to everyone
- Walk-in or call ahead
- Request a one-on-one appointment with a local Employment Counselor
- In-person and virtual services/resources



# PRIORITY OF SERVICE FOR VETERANS

Local Veteran  
Employment  
Representative

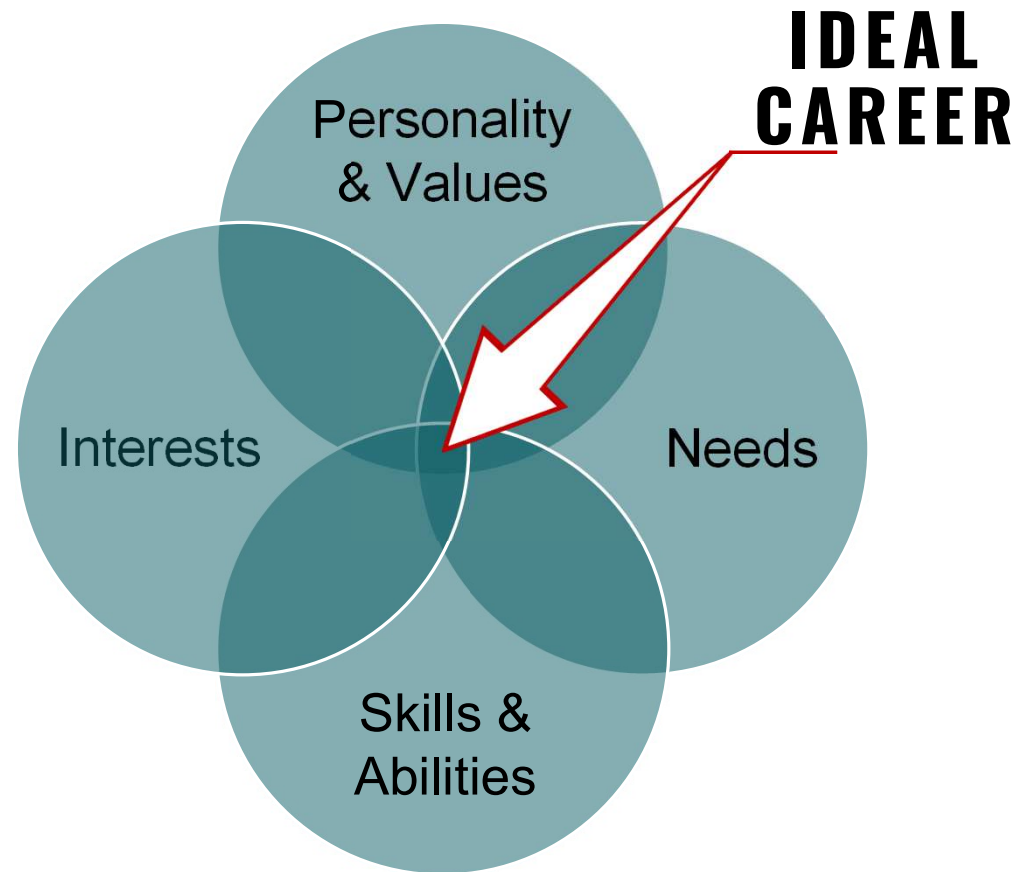
Disabled Veteran  
Outreach  
Program  
Specialist



# **CAREER COUNSELING & ASSESSMENT**

# CAREER COUNSELING & ASSESSMENT

- Strong Interest Inventory
- InterviewStream
- Work Values
- Skills Survey
- Career Planner in the Virtual Career Center



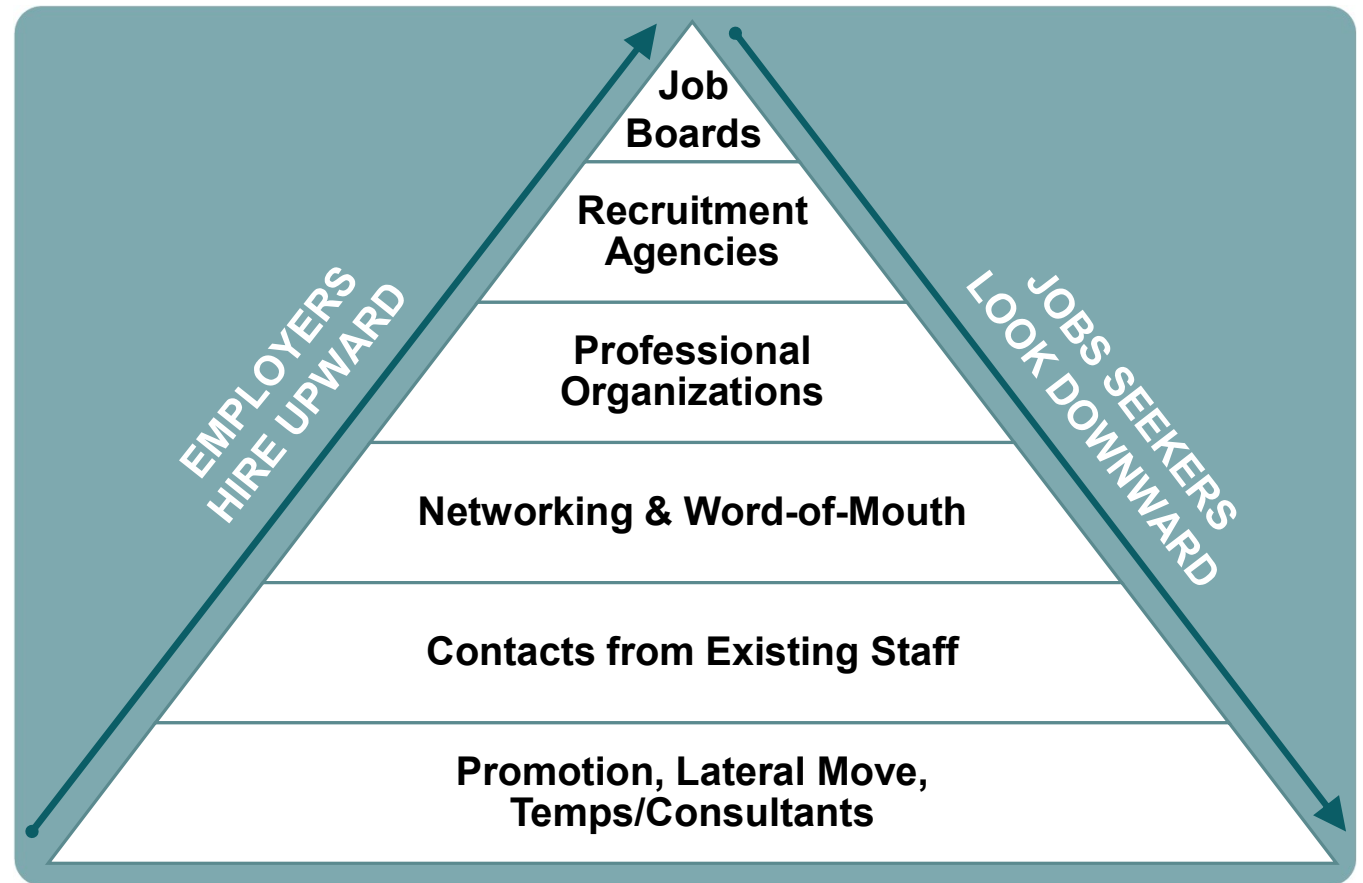
# **JOB SEARCH STRATEGIES & NETWORKING**

# HEALTHCARE JOB SEARCH & NETWORKING

- Strategic Job Search for Healthcare Professionals
  - Clarify your healthcare career goals and target employers
    - (e.g., hospitals, clinics, long-term care)
  - Build a healthcare-oriented resume and cover letter
  - Network within clinical and professional circles
    - (LinkedIn, Associations, Alumni Networks)
  - Use job fairs & professional events specific to healthcare
  - Leverage online presence & placement resources (LinkedIn, JobZone)

# NETWORKING

- Recognize the hidden job market
- Find contacts within targeted employers
- Seek informational interviews
- Access the Business Directory to discover potential employers



**RESUME &  
COVER LETTER  
ASSISTANCE**

# RESUME & COVER LETTER ASSISTANCE

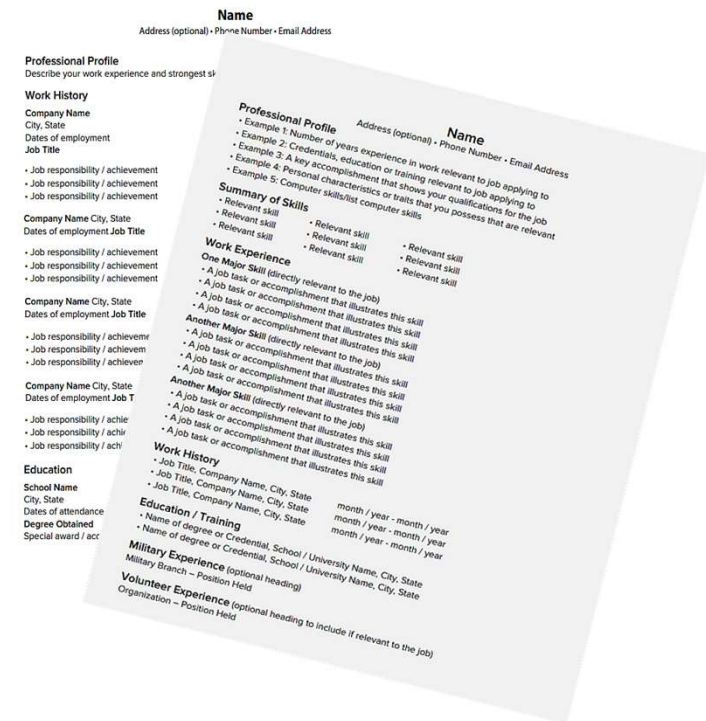
- Resumes and Cover Letters are tools used to persuade employers into offering an interview
- These tools should be well-crafted, personalized, and tailored
- Available tools through NYS DOL:
  - One-on-one assistance
  - Templates
  - Informational guides
  - Learning events/workshops



<https://dol.ny.gov/resumes-cover-letters-and-job-applications>

# TIPS TO TAILOR RESUMES

- Tailor your resume to healthcare skills & accomplishments (chronological or combination format)
- Emphasize clinical experience, certifications, and measurable outcomes
- Write a targeted cover letter that connects your qualifications to the role
- Prepare key info before starting applications
- Use samples/templates to guide development



# **TRAINING & SKILLS DEVELOPMENT**

# TRAINING & SKILL DEVELOPMENT RESOURCES

- Expand Skills for Healthcare Careers
  - Online training opportunities & certifications (Coursera)
  - Registered Apprenticeships: Learn-while-you-learn pathways
  - Virtual Career Center & Virtual Workshops



# **LABOR MARKET INFORMATION (LMI)**

# LABOR MARKET INFORMATION (LMI)

NYS DOL provides occupational, industry, and statewide job data

**New York State Long-Term Occupational Projection  
2022 - 2032**

**Top 15 Ranking by Highest Annual Projected Openings**



Title	2022	2032	Net	Percent	Total	Change	Mean	Median	Entry <sup>4</sup>	Experienced <sup>5</sup>	Typical Education Needed for Entry <sup>6</sup>	Work experience in a related occupation <sup>5</sup>	Typical on-the-job training needed to attain competency in the occupation <sup>6</sup>	Most common education attained by workers in the occupation <sup>7</sup>	Employment Prospects <sup>8</sup>
Healthcare Practitioners and Technical Occupations	602,860	744,880	142,020	23.6%	50,352	14,202	\$118,683	\$102,608	\$60,931	\$147,559					
Health Diagnosing and Treating Practitioners	424,210	527,560	103,350	24.4%	32,555	10,335	N/A	N/A	N/A	N/A					
Chiropractors	2,590	3,190	600	23.2%	120	60	\$108,382	\$84,887	\$56,383	\$134,380	Doctoral or professional degree	None	None	Doctoral or professional degree	Very Favorable
Dentists, General	8,250	9,880	1,630	19.8%	413	163	\$190,633	\$168,518	\$77,884	\$247,008	Doctoral or professional degree	None	None	Doctoral or professional degree	Favorable
Dentists, All Other Specialists	310	370	60	19.4%	16	6	N/A	N/A	N/A	N/A	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Favorable
Dietitians and Nutritionists	5,590	6,880	1,290	23.1%	549	129	\$82,689	\$81,470	\$60,181	\$93,943	Bachelor's degree	None	Internship/residency	Bachelor's degree	Very Favorable
Optometrists	2,830	3,370	540	19.1%	154	54	\$162,914	\$167,474	\$119,846	\$184,449	Doctoral or professional degree	None	None	Doctoral or professional degree	Favorable
Pharmacists	20,080	21,410	1,330	6.6%	913	133	\$139,717	\$140,055	\$106,583	\$156,284	Doctoral or professional degree	None	None	Doctoral or professional degree	Favorable
Physician Assistants	15,020	19,100	4,080	27.2%	1,348	408	\$155,393	\$156,800	\$112,175	\$177,003	Master's degree	None	None	Master's degree	Very Favorable
Podiatrists	1,190	1,540	350	29.4%	135	35	\$138,518	\$120,408	\$89,672	\$172,941	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
Occupational Therapists	10,270	13,090	2,820	27.5%	912	282	\$101,667	\$97,961	\$70,872	\$117,064	Master's degree	None	None	Master's degree	Very Favorable
Physical Therapists	19,190	24,830	5,640	29.4%	1,464	564	\$103,506	\$102,135	\$74,194	\$118,161	Doctoral or professional degree	None	None	Doctoral or professional degree	Very Favorable
Radiation Therapists	1,220	1,560	340	27.9%	104	34	\$133,422	\$125,826	\$96,588	\$151,839	Associate's degree	None	None	Bachelor's degree	Very Favorable
Recreational Therapists	1,630	2,030	400	24.5%	180	40	\$68,069	\$65,242	\$51,842	\$76,183	Bachelor's degree	None	None	Bachelor's degree	Very Favorable
Respiratory Therapists	7,110	8,940	1,830	25.7%	553	183	\$108,611	\$106,639	\$81,945	\$121,942	Associate's degree	None	None	Associate's degree	Very Favorable
Speech-Language Pathologists	14,950	18,710	3,760	25.2%	1,366	376	\$114,673	\$111,828	\$73,813	\$135,103	Master's degree	None	Internship/residency	Master's degree	Very Favorable
Exercise Physiologists	710	750	40	5.6%	54	4	\$77,918	\$75,238	\$55,500	\$89,127	Bachelor's degree	None	None	Master's degree	Unfavorable
Therapists, All Other	1,890	2,140	250	13.2%	155	25	\$75,060	\$69,712	\$54,725	\$85,228	Bachelor's degree	None	None	Master's degree	Favorable
Veterinarians	4,690	5,380	690	14.7%	229	69	\$153,417	\$134,900	\$88,670	\$185,791	Doctoral or professional degree	None	None	Doctoral or professional degree	Favorable
Registered Nurses	204,040	256,080	52,040	25.5%	17,134	5,204	\$113,497	\$108,470	\$82,326	\$129,082	Bachelor's degree	None	None	Bachelor's degree	Very Favorable
Nurse Anesthetists	2,350	2,980	630	26.8%	193	63	\$273,964	n/a	\$184,905	n/a	Master's degree	None	None	Master's degree	Very Favorable
Nurse Midwives	530	670	140	26.4%	44	14	\$142,336	\$141,610	\$112,795	\$157,106	Master's degree	None	None	Master's degree	Favorable
Nurse Practitioners	16,600	20,970	4,370	26.3%	1,417	437	\$152,444	\$149,341	\$116,631	\$170,350	Master's degree	None	None	Master's degree	Very Favorable
Audiologists	720	880	160	22.2%	56	16	\$102,425	\$101,434	\$77,787	\$114,745	Doctoral or professional degree	None	None	Doctoral or professional degree	Favorable
Anesthesiologists	3,360	4,240	880	26.2%	188	88	\$268,663	\$221,598	\$80,031	\$364,476	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
Family Medicine Physicians	4,390	5,430	1,040	23.7%	244	104	\$219,281	\$220,626	\$185,043	\$276,400	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
General Internal Medicine Physicians	11,150	14,160	3,010	27.0%	641	301	\$211,041	\$178,049	\$81,395	\$275,865	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
Obstetricians and Gynecologists	2,770	3,510	740	26.7%	164	74	\$282,189	n/a	\$131,917	n/a	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
Pediatricians, General	4,760	6,030	1,270	26.7%	277	127	\$183,817	\$159,794	\$100,372	\$225,540	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable
Psychiatrists	4,490	5,670	1,180	26.3%	258	118	\$239,638	\$234,794	\$86,230	\$313,344	Doctoral or professional degree	None	Internship/residency	Doctoral or professional degree	Very Favorable

# **WEB-BASED RESOURCES- VIRTUAL CAREER SERVICES**

# VIRTUAL CAREER CENTER

The screenshot shows the 'Jobs' section of the Virtual Career Center. At the top, there are navigation links: 'WE ARE YOUR BOSS', 'Virtual Career Center', 'Search Jobs', 'Career Planner', and 'My Jobs'. Below this is a search bar with a magnifying glass icon, a 'Location' dropdown, and buttons for 'Find Jobs' and 'Create job alert'. There are also filters for 'Skills', 'Titles', 'Experience', 'Date Posted', and 'Employer'. A message states 'No suggestions available for this filter'. Below that, it says 'We found 100 jobs that match your profile and skills!'. The main job listing is for 'Ontario ARC', 'Employment Specialist 1 Community' in Canandaigua, NY, with a 'Strong Match' indicator and 'Posted 20 days ago'. Action buttons include 'Customize resume for this job' and 'Apply on Company Site'. A 'Job ID' of 5519857697192996 is visible at the bottom.

**Department of Labor**

Unemployment Benefits   Jobs & Careers   Business Support   Workforce Protection

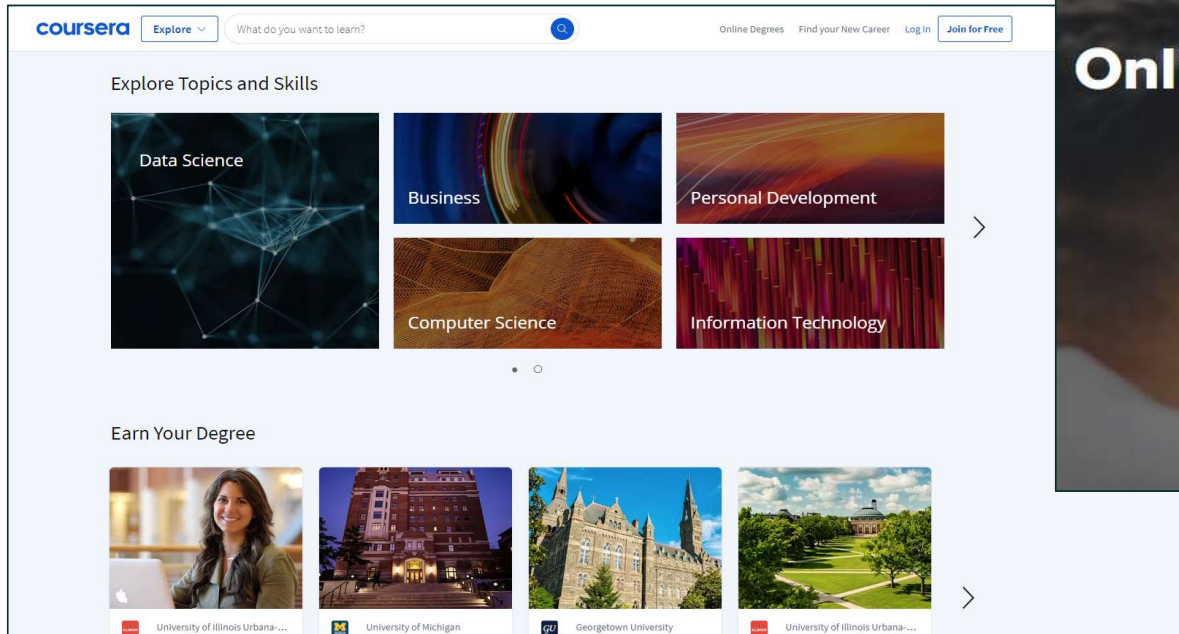
## The New Virtual Career Center is Here!

Access Our New Virtual Career Center

[SIGN UP HERE](#)   [VCC FACT SHEET](#)

<https://dol.ny.gov/virtual-career-center-ind>

# COURSERA



## Department of Labor

[Unemployment Benefits](#) [Jobs & Careers](#) [Business Support](#) [Workforce Protections](#)

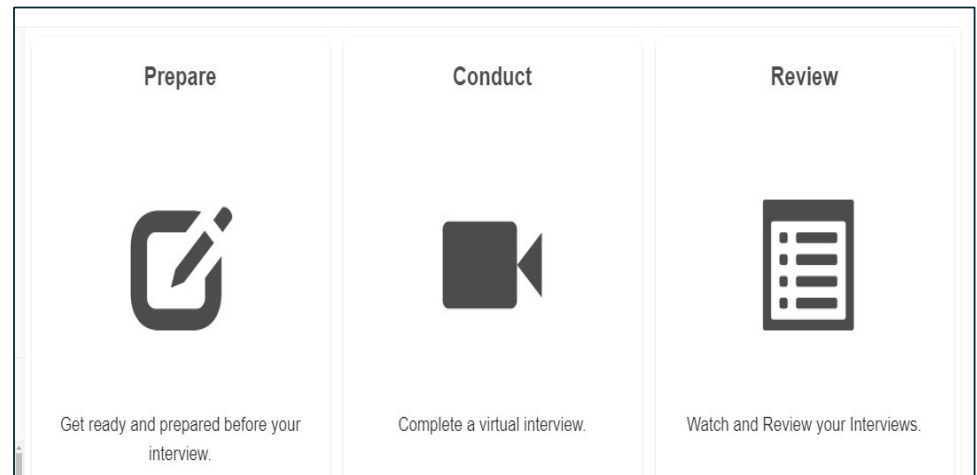
## Online Learning with Coursera

<https://dol.ny.gov/online-learning-coursera>

# INTERVIEWSTREAM



<https://dol.ny.gov/interviewstream>



# VIRTUAL WORKSHOPS

- Daily, live webinars featuring workforce & employment-related topics:
- Resume Writing
- Job Search Strategies
- Networking
- Interviewing Techniques
- Social Media
- Civil Service
- Chat with an Employment Counselor



<https://on.ny.gov/careercalendar>

# EVENTS & WORKSHOPS CALENDAR

<https://on.ny.gov/careercalendar>

February 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Event Submission Form

Select Your Labor Market Region

- Capital Region
- Central New York
- Finger Lakes
- Hudson Valley
- Long Island
- Mohawk Valley
- New York City
- North Country
- Southern Tier
- Virtual Workshops
- Western New York

Select All, None

Using Age To Your Advantage

Wednesday, February 11, 2026 | 9 – 10:30 AM

(An in-person workshop at Plattsburgh OneWorkSource Career Center) You'll learn about age discrimination, affects to job search, and how to combat it using various techniques and minimize your differences from younger workers to achieve a successful job search.

Career Center Location: Plattsburgh OneWorkSource  
 Held At: OneWorkSource  
 194 US Oval  
 Plattsburgh, NY 12903  
 Event Type: Workshop  
 County: Clinton  
 Region: North Country  
 Audience: All Interested Jobseekers, Dislocated Worker, Formerly Incarcerated, Immigrant, Individuals with Disabilities, Long Term Unemployed, Mature  
 Language: English  
 Registration Information: To register for the in-person workshop, please call 518-561-0430 or email [plattsburgh@labor.ny.gov](mailto:plattsburgh@labor.ny.gov).

Goal Setting

Wednesday, February 11, 2026 | 10 – 11 AM

Goals are what take us forward in life. They are the first step to every journey we take. In this workshop we will explain how goal setting works, why goals are important, and for nothing, you'll hit it every time." Find out how to reach your dreams.

Held At: Virtual Workshop  
 Event Type: Virtual Workshop  
 County: Albany  
 Region: Capital Region  
 Audience: All Interested Jobseekers  
 Language: English  
 Registration Information: bit.ly/...

Syracuse Mini Job Fair

Wednesday, February 11, 2026 | 10 AM – 1 PM

Parking and entry are in the back of the building.

Participating Businesses:

- Advocates Incorporated
- All Metro Healthcare
- Belden Inc
- Catholic Charities of Onondaga County
- CNY Centro
- Chick-It-A
- Circle K Stores, Inc.
- Estes Express Lines
- JPW Structural Contracting, Inc
- FedEx Ground
- MedBest Medical Management, Inc.

Department of Labor

Unemployment Benefits Jobs & Careers Business Support Workforce Protections Labor Data

## Career Development

### Career Events and Workshops

Find a virtual career fair or workshop to help you prepare for your next career.

FIND AN EVENT



# Department of Labor

**WORKING FOR YOU**



# QUESTIONS?



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# CLOSING REMARKS

# NYSPHC QUARTERLY FELLOW SURVEY

Please complete your NYSPHC Quarterly Fellow Survey by Friday, February 20.

- Surveys help the NYSPHC Program measure your professional development and demonstrate the impact of the Fellowship on your host organization and community.
- [Complete the Quarterly Fellow Survey here.](#)



# NYSPHC NETWORKING CONSORTIUM MEETING

Join us for the next Networking Consortium Meeting

- February 25<sup>th</sup>, 1:00 PM to 2:30 PM
  - Connect in small groups with Fellows from across the state who are engaged in similar branches of public health
  - Opportunity to permanently expand your professional network, brainstorm and share project ideas, and problem-solve collectively
  - Learn more about what your peers are doing statewide

# NYSPHC MENTORING PROGRAM

We continue to encourage all Fellows to consistently engage with their assigned NYSPHC Mentors:

- Attend and fully engage in schedule cohort meetings
- Meet with your mentor one-on-one to discuss career opportunities and get feedback or advice about applications, resumes, or interviews
- Your mentor can be a tremendous resource and valuable contact now, and in the future, nurture the relationship!

# NYSPHC LINKEDIN GROUP

- Stay connected with NYSPHC on LinkedIn
  - Stay updated on public health events
  - Engage with polls and share your insights
  - Keep the conversation going from today's session



# PHOTOS AND STORIES SURVEY

Want to be featured in an upcoming Newsletter?

NYSPHC aims to highlight our fellows and share the impact our program has on public health service.

Please submit stories and images that reflect the impact of your Fellowship through this survey [HERE](#)



# REMINDER: EMPLOYEE ASSISTANCE PROGRAM



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## Help for what matters most

### Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues online at [worklife.uprisehealth.com](http://worklife.uprisehealth.com) and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"> <li>• Healthy living</li> <li>• Stress management</li> <li>• Mental health</li> <li>• Diet and fitness</li> <li>• Overall wellness</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting support</li> <li>• Child and elder care</li> <li>• Learning programs</li> <li>• Special needs help</li> </ul>	<ul style="list-style-type: none"> <li>• Legal issues</li> <li>• Will preparation</li> <li>• Taxes and debt</li> <li>• ID theft services</li> <li>• Financial tools and assistance</li> <li>• Medical bill negotiation tools</li> </ul>

### Connect to a counselor for complimentary support services:

**Email:** [eapcounselor@uprisehealth.com](mailto:eapcounselor@uprisehealth.com)

**Phone:** 1-800-386-7055  
Available 24 hours a day, 7 days a week\*

**Web:** [worklife.uprisehealth.com](http://worklife.uprisehealth.com)  
(Access code: [worklife](http://worklife))

**When calling for assistance please use the following information**

**Employer - Staffing Solutions Organization**

**Group Number - G-540112**

\*Office hours Monday-Friday 8am-5pm EST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Guardian Health, and its contractors. Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide for actual benefits, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program program at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in connection with or preparation for any action against Guardian, its affiliates or any employee. The Employee Assistance Program is not an insurance benefit and may not be available in all states. If you have communications may be in English only. The Guardian Insurance Company of America, New York, NY. Uprise Health, Laguna Hills, CA. Guardian is a registered trademark of The Guardian Life Insurance Company of America and used with express written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

**THANK YOU!**



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